HOPSPORTS™
TRAINING SYSTEMS

USER'S GUIDE

www.hopsports.com
866-762-4677

CIRCUITS

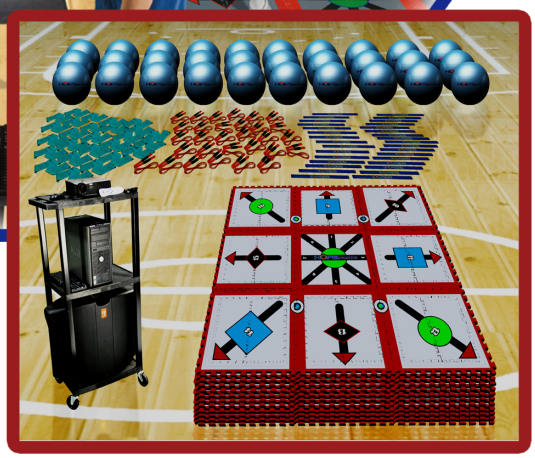
DANCE

SPORTS

NUTRITION

EDUCATION

ANTI-TOBACCO



Taking Physical Activity to the NEXT LEVEL

24715 Avenue Rockefeller Valencia, CA 91355

HOPSPORTS TRAINING SYSTEMS
24715 AVENUE ROCKEFELLER VALENCIA, CA 91355
PHONE: 866-762-4677 FAX: 661-702-8929

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WELCOME TO HOPSports®

We are so excited that your school has become a member of the **HOPSports Training System** community! We look forward to a long and successful partnership in bringing active and healthy lifestyles to our youth.

HOPSports is a multi-media, technology driven, standards-compliant physical education system. For **HOPSports**, the nation-wide success of its educational model combines the need for effective and comprehensive programs from the administrative perspective, with a system that teachers and students alike respond to positively. Consequently, the entire structure of the educational pyramid is able to achieve success - empowering all participants in the spectrum!

The **HOPSports** commitment is first and foremost to provide students with the foundation for a healthy and active lifestyle. Movement and energy education are the key components for the lessons. **HOPSports** provides a turn-key media cart containing Vista Media Center preloaded with lessons taught by athletes and performers including The Harlem Globetrotters, Chris Draft, Guillermo Gomez, Tezoro Productions, Ringling Brothers Barnum and Bailey, Jenny Blake, Byron Davis, Cheryl Broughton, and Olympians Buddy Lee, Annett Davis and Nicole Giordano.

For any technology-related questions (CPU & Projector), please contact DELL™ GOLD TECHNICAL SUPPORT 24/7 at (866) 461-3355.

For any HOPSports-related questions, please contact HOPSupport at (866) 762-4677 between 9 a.m. & 5 p.m. (PT), Monday through Friday. Or, e-mail your questions to support@HOPSports.com.

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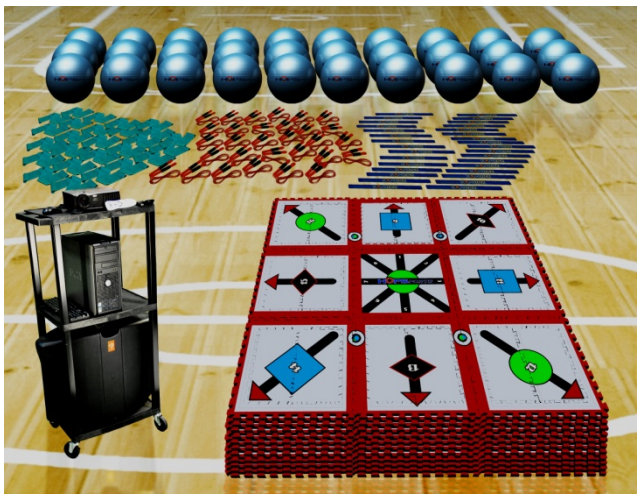
Your HOPSports Training System should contain the following:



- 30 **HOPSports** training mats*
- 30 **HOPSports** stability balls*
- 30 **HOPSticks***
- 30 Jump Ropes*
- 30 Stretch Bands*
- One Dell 2400 MP projector
- One Dell OptiPlex 960, Intel Core 2 Duo Processor (2.66 GHz) operating Microsoft Windows Vista Ultimate *(cords, remote control, infrared sensor, manuals, etc., all included in the box)*
- One Alto OEX-400 Sound System
- One Audio/Visual Cart
- Over 100 Lesson Plans - equivalent to two years repeatable curriculum – preinstalled on the Dell CPU

We sincerely appreciate your participation in the **HOPSports Training System** program**.** This is the future of physically active lifestyles for our children. **HOPSports** has merged entertainment with physical education making movement, fitness and sports fun for everyone.

Thanks for caring about kids,

Tom Root, Founder
HOPSports, Inc.
troot@HOPSports.com

*Full HOPSports Training System order, actual number of training tools may vary.

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GETTING STARTED

A/V Cart Setup

1 Remove the Box containing the A/V cart from the pallet. Open the box and remove the contents.

The box should contain 3 plastic shelves, 8 legs, 4 casters, and a 3 prong plug (ULV approved) electrical assembly with a 15 ft. cord.

The shelves can be distinguished in the following way:

1) The top shelf has a molded plastic handle
2) The middle shelf has leg connection posts on both sides
3) The bottom shelf has leg connection posts on the finished side and holes for the casters on the unfinished side.

HOPSports recommends using a 2 pound rubber mallet during cart assembly as the leg connections are tight.

2 Insert the casters into the unfinished side of the bottom shelf.

3 Place one long leg over each leg post on the bottom shelf.

4 Place the middle shelf on legs from the bottom shelf.

5 Repeat steps 3 and 4 for the top shelf, using the shorter legs.

6 The electrical assembly comes in two pieces with screws. There are 4 screw holes along the long side of the top shelf.

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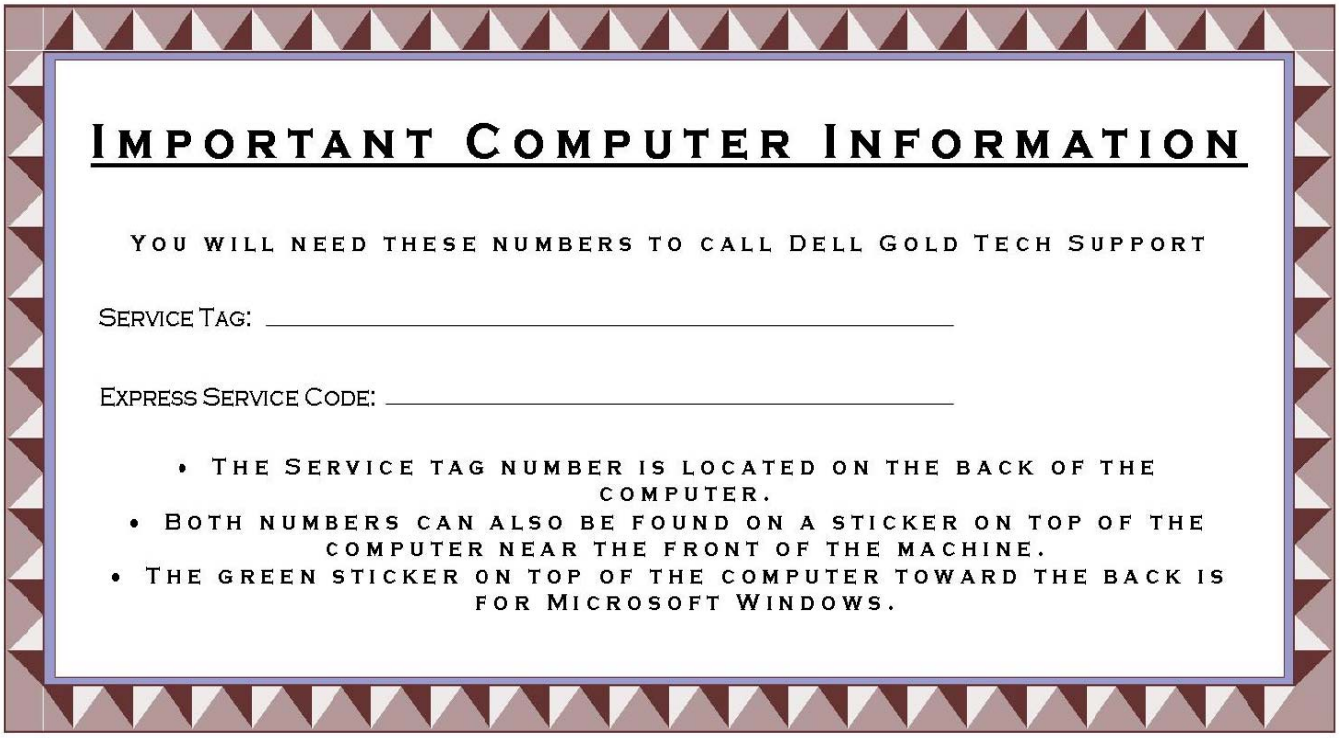
Computer Setup

Now that the cart is together we can assemble your **HOPSportsTraining System** (HTS). We will set up the computer first since it is the center piece of the system.



IMPORTANT COMPUTER INFORMATION

YOU WILL NEED THESE NUMBERS TO CALL DELL GOLD TECH SUPPORT

SERVICE TAG: _____

EXPRESS SERVICE CODE: _____

- THE SERVICE TAG NUMBER IS LOCATED ON THE BACK OF THE COMPUTER.
- BOTH NUMBERS CAN ALSO BE FOUND ON A STICKER ON TOP OF THE COMPUTER NEAR THE FRONT OF THE MACHINE.
- THE GREEN STICKER ON TOP OF THE COMPUTER TOWARD THE BACK IS FOR MICROSOFT WINDOWS.

7 Unpack the contents of the larger Dell box from your pallet. This box should contain your computer, a box of computer accessories (e.g. cables and mouse), disks for the factory installed software, and a box containing the computer keyboard.

Your **remote control** and **I/R Receiver** can be found in the computer accessories box.

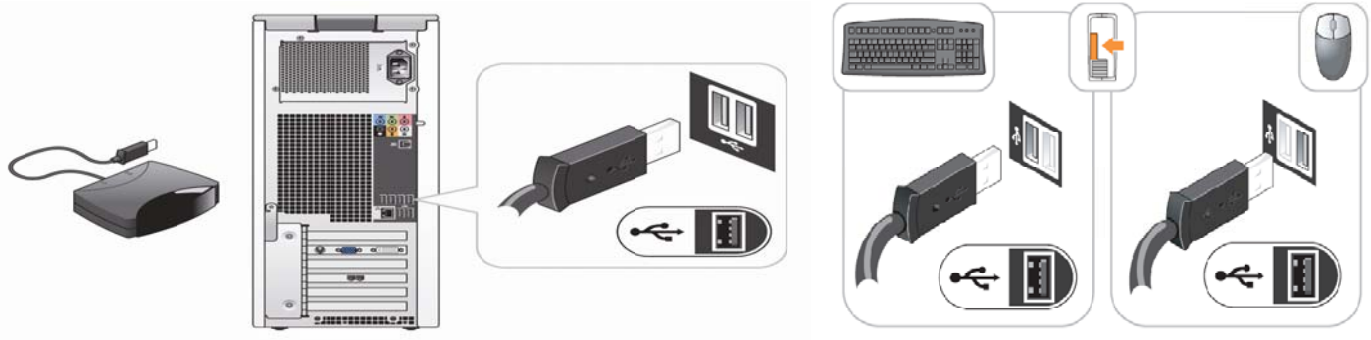
The **HOPSports** Lesson Plans are ***preloaded*** on your computer and accessible through the Media Center interface.

The disks included with the computer are for re-installation of Dell installed software ONLY. These disks should be kept in a secure location. Since the HTS content is preloaded, you will not receive a set of disks containing the **HOPSports** program lessons.

8 Place the computer on the bottom shelf of the A/V cart. Connect the power cable to the computer and the power strip on the A/V cart. Connect I/R sensor, mouse and keyboard to USB ports on the back of the computer.

Position the computer so that it faces the narrow side of the A/V cart. Otherwise, the computer will hit the 3 outlet electrical assembly.

Connect the I/R sensor, mouse, and keyboard to open USB ports on the back of the computer.



The power cable and video adapter can be found in the computer accessories box.

Attach the power cable to computer (#4 in image on next page) and plug into the A/V cart power strip.

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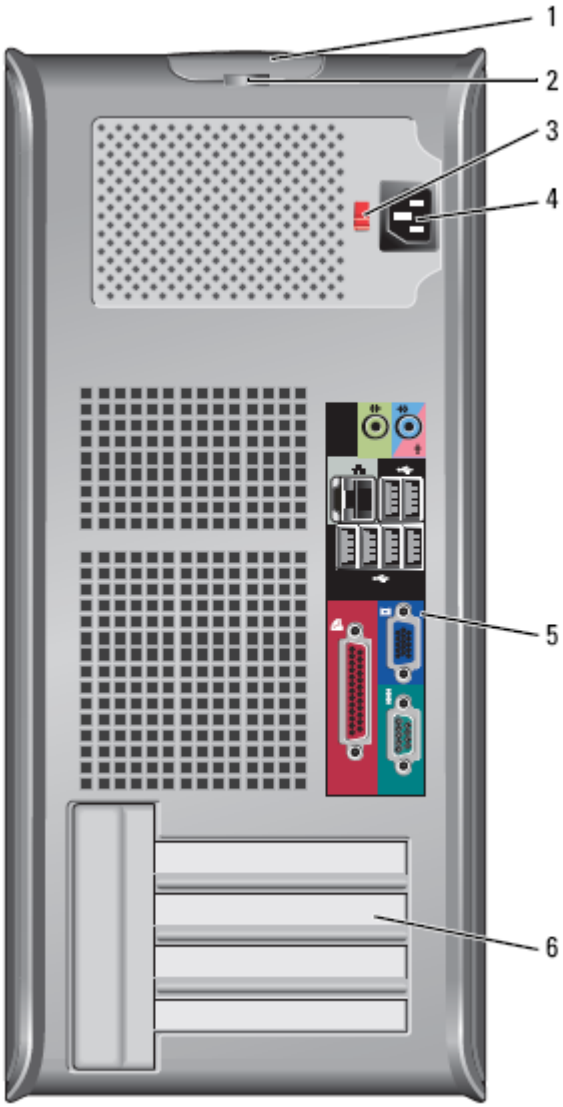
Computer Connections Diagram



1. Cover-Release Latch
2. Padlock Ring - will lock the cover release latch
3. Voltage Selection Switch
4. Power Connector
5. Back Panel Connectors
    a. GREEN Port is connected to Alto Audio System.
    b. BLACK USB ports for mouse. optional keyboard, and IR sensor
    c. BLUE VGA port will be covered up.
6. Card Slots
    a. White video output port will be located in one of these expansion slots

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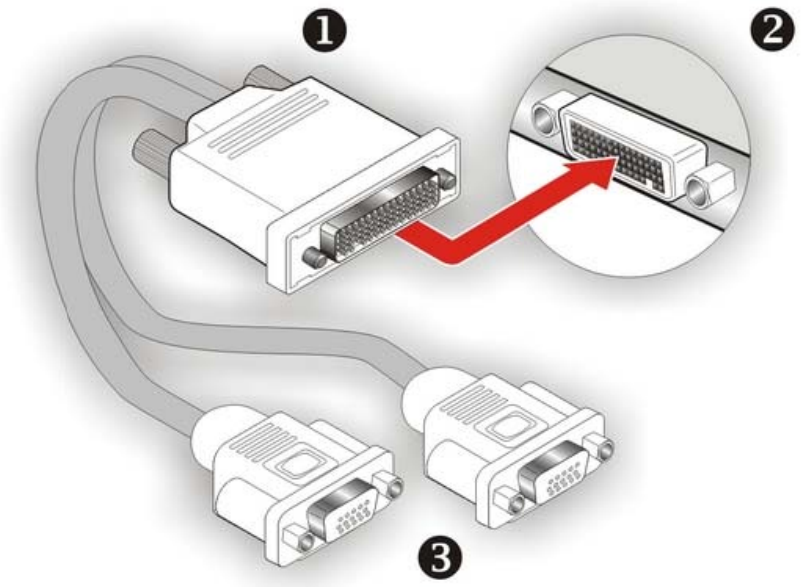
9 Connect the dual VGA video adapter to the back of the computer.



Dual VGA Adapter

A plastic bag containing 2 video adapters can be found in the box with the computer's keyboard and mouse.

The dual VGA adapter pictured above will have a **BLACK** connector 1 and two BLUE connectors 3. The other adapter, with two WHITE connectors (dual DVI), is not used in the setup of the **HOPSports** Training System.

The **BLACK** end of the adapter will connect to the WHITE port on the back of the computer as shown by the red arrow. One of the two BLUE connectors on the other end will connect to the VGA cable from the projector.

Projector Setup

10 Unpack the contents of the smaller Dell box. This box should contain a black case holding the projector and a box of projector accessories.

11 Place the projector on the top shelf of the A/V cart. Connect the power cable to the back of the projector and the power strip on the A/V cart. Connect the VGA cable to the back of the projector and one of the VGA ports on the video adapter that you have previously attached to the computer.

The power cable and VGA cable can be found in the projector accessories box.

The VGA cable will be a black cable with two BLUE ends.

The video output ports on the back of the projector are color coded. The VGA cable will only connect to the BLUE port on the back of the projector and will only connect with the BLUE end of the video adapter on the computer.

The projector should be connected to the VGA adapter with the number 1 stamped on the blue plastic casing.

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Alto Setup

To complete the technology setup, we will now connect the Alto OEX-400 Sound System.

12 Unpack the contents of the Alto box. This box should contain the Alto OEX-400 audio system and the corresponding instruction manual.

13 Detach the satellite speakers from the main control tower by lifting the latch on the side of the unit.

Control Tower – Front

Control Tower - Back

14 Place the central control tower on the bottom shelf of the A/V cart, the two satellite speakers will fit on the middle shelf. Connect the Power cable from the central control tower to the power strip on the A/V cart.

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The Power connection and ON/OFF switch are located on the back of the central tower above the storage compartment.

All cables for the audio system are located in a compartment on the back side of the central tower. Simply pull the cables through the elastic netting. In this compartment there should be 5 cables/cords and 2 microphones as shown below.

Speaker Cable (qty: 2)

Microphone & Cable (qty. 2)

Power Cord (qty:1)

15 Connect the satellite speakers to the central control tower using the included speaker cable. One end should be firmly inserted into the port on the front of each speaker.

The other end should be firmly inserted into one of the two Master Spk. ports at the bottom of the control tower highlighted in **YELLOW** below. Please note: **RED**, **GREEN**, and **YELLOW** highlights have been digitally added to the diagram for clarity, they will NOT appear on the control tower.

Speaker Connection Diagram

The speaker cables will be in the compartment with the other cables.

It does not matter which speaker (left or right) is plugged into which master speaker port (1 or 2).

The master volume knob is located above the Master Speaker Ports, highlighted in RED on the speaker connection diagram above. Volume increases as the knob is turned clockwise.

16 Connect the speakers to the computer using the cable provided by **HOPSports**. Insert the smaller BLACK end into the GREEN port on the back of the computer. Insert the RED and WHITE end into the corresponding ports on the Tape IN jack on the control tower, highlighted in **GREEN** on the speaker connection diagram on page 12.

Make sure both the RED and WHITE ends of the cable are connected to the Tape IN, not the Tape OUT port outlined in white on the control tower.

HOPSports recommends keeping all knobs in the middle of their range (pointing straight up). Control volume using the "Master Volume" knob and the volume control on the computer.

2 RCA Male to 3.5 Stereo Male audio adapter

The **HOPSports** adapter will be in the computer accessories box or taped to the outer Alto Box.

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The Alto OEX-400 Audio System comes with two wired microphones. These can be connected to the central control tower using any of the 4 line inputs.

You can use the included wired microphones or connect your own wireless sets.

Activating the HOPSports Training System

With all components plugged in, it is time to turn on your **HOPSports Training System**!

18 Turn on the projector with the projector remote or by firmly pushing the power button located on top of the projector. The BLUE power button on the projector's remote is located in the top right corner. Push firmly for a few seconds and the projector will begin warming up. A light should come on showing that the projector is waiting for a signal.

19 Let's turn on the Dell with Vista Media Center! The power button is located at the top right corner as you are looking at the front of the computer. Press the power button firmly and the power button will light up. Windows will load and you will see a desktop screen.

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Note: It is recommended to turn on the projector before starting the computer.

Turn on your Alto OEX-400 sound system by pressing the ON/OFF switch located on the back of the control tower above the storage compartment.

When the sound system is on, a green light will be on directly to the left of the monitor volume control knob on the front panel of the central tower.

Accessing HOPSports Content Library

Once at the main screen (desktop) there should be only two icons. The GREEN Windows Media Center icon and the iTunes icon are located in the middle of your screen. You can use the mouse to select Media Center or simply push the GREEN Windows MC button on the middle of your remote. Pushing this button will automatically take you to the Vista Media Center.

You will need to **scroll up** with the mouse or use the Directional Pad's up button to go up **two clicks** to the **Picture/Video Library**.

From this point you need to scroll to the **Right two clicks** to highlight and select the **Video Library**. This is where all of the **HOPSports** content is located.

Select a Lesson Plan by scrolling and selecting. The **OK** button in the middle of the Directional Pad is how you select. Once you select a lesson plan, allow a few moments for the file to load.

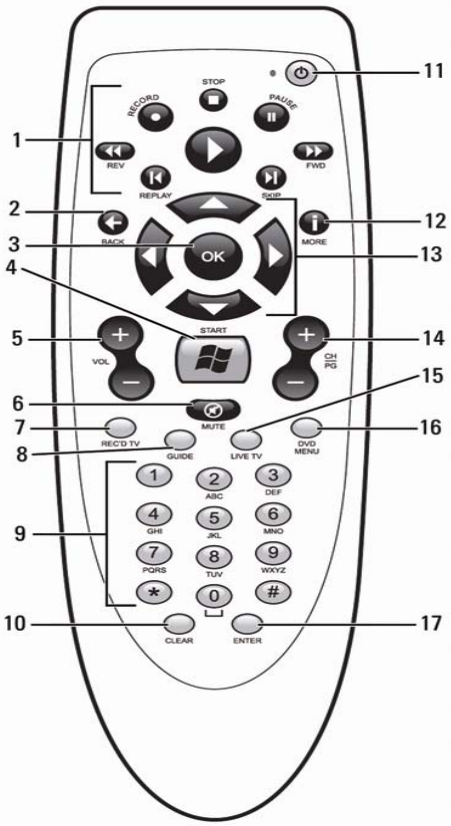
If at any point during the lesson you wish to change workouts, either push "Pause," "Stop" or simply push the "Back" button to go back one screen at a time.

NOTE: The "Free Music Choice" Lesson Plans allow you to play songs of your choice while following the lesson. You can upload songs into the pre-installed iTunes file or play CDs in Windows Media PLAYER to create a more customized lesson for your class.

Using the Media Center Remote

Optional Remote Control Buttons

NOTE: If you order an optional remote control, it may differ from the one described in this document.



1	media control buttons	Controls features for a TV, DVD, and CD.
2	BACK	Returns the computer to the previous window within Media Center.
3	OK	Activates Media Center options you select.
4	START	Starts Media Center and opens the Media Center start menu window (see page 7). **NOTE:** The optional remote control does not wake the computer from hibernate mode. **NOTE:** For portable computers, the remote control does not wake the computer from standby mode while the computer is running on battery power.
5	VOL	Increases (+) and decreases (–) sound volume.
6	MUTE	Mutes the sound.
7	REC'D TV (recorded TV)	A shortcut to the **Recorded TV** main menu.
8	GUIDE	Opens the Guide (television program guide) (see page 16) to display available TV channels and programs you can watch and record.
9	numeric buttons	Changes channels or enters text into the Media Center search or text box. **NOTE:** When entering text in a Media Center search or text box on a computer running Japanese Microsoft Windows XP, you can enter extended characters using the numeric buttons. Follow the instructions on the screen.
10	CLEAR	Deletes the selection and functions like the <Backspace> key on your keyboard.
11	standby	Puts the computer into a reduced power mode.
12	MORE	Provides more information about TV programs you can watch and record.
13	arrow buttons	Helps navigate within all Media Center windows.
14	CH/PG (channel/page)	Changes the TV channel and moves up (+) and down (–), depending on available options.
15	LIVE TV	A shortcut to the full-screen view of live TV. It also moves to the current point of a live TV program after you pause the program.
16	DVD MENU	A shortcut to the main menu for your DVD.
17	ENTER	Selects the desired action or window option.

Range of Vista Remote Control: Approx. 300 feet.
Unit Sensitivity to Remote Signals: Very High – Nearly 180-Degree arc of sensitivity.

Note: Make sure to point remote at the IR sensor – **NOT** at the screen.

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To shut off the computer from inside Media Center (using the remote):

Press the back button on the remote until you are at the main menu (Picture Library should be highlighted).

Press the UP arrow once and select “TASKS.”

Selecting the first option, "Close," will close the Media Center and return you to the desktop. From this point follow the shut down instructions on the bottom of page 6.

Selecting the third option, "Shut Down," will close all programs and power off the computer. This symbol looks like a circle with a line down the middle.

In the event the computer freezes, press and hold the power button on the front of the CPU for three to five seconds. This will power down the computer and allow you to restart.

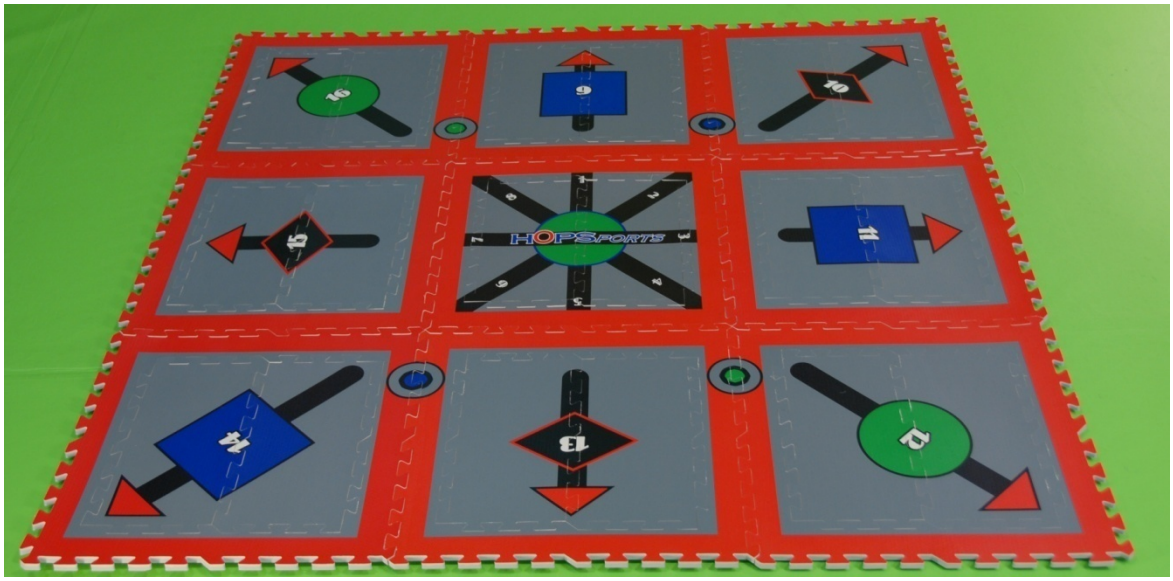
Please note: Powering off the computer will take a minute or two. **Do not unplug the Computer or Projector before it is done powering down.** This will result in error messages the next time the computer is powered up and a much longer power up sequence.

Training Tools Included With your System

Training Tool	Full System Quantity*	Mini System Quantity*
Hopsports Mat	30	5
Hopsports Ball	30	0
Hopstick	30	10
Jump Rope	30	0
Stretch Band	30	0

*Numbers reflect standard package quantities.

HOPSport Training Mat



* Please Note: actual mat design may vary slightly from that shown

Assembly Instructions:

1 Remove the 9 squares which comprise the HOPSports mat from the carrying bag.

2 Locate the center square containing the HOPSports logo and place it on the floor in the middle of your assembly area with the logo facing up. Position yourself so that the HOPSports logo is right-side up.

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3 Place the remaining 8 squares around the center starting with the square with the number 9 directly above the center square and progressing clockwise as the numbers increase.

The arrows on each square should point to the outer edge of the assembled mat.

When completed the mat should resemble the image on page 20 though it may not match exactly as the graphic design of the mat has been revised several times.

Make sure all connection tabs are pushed down fully.

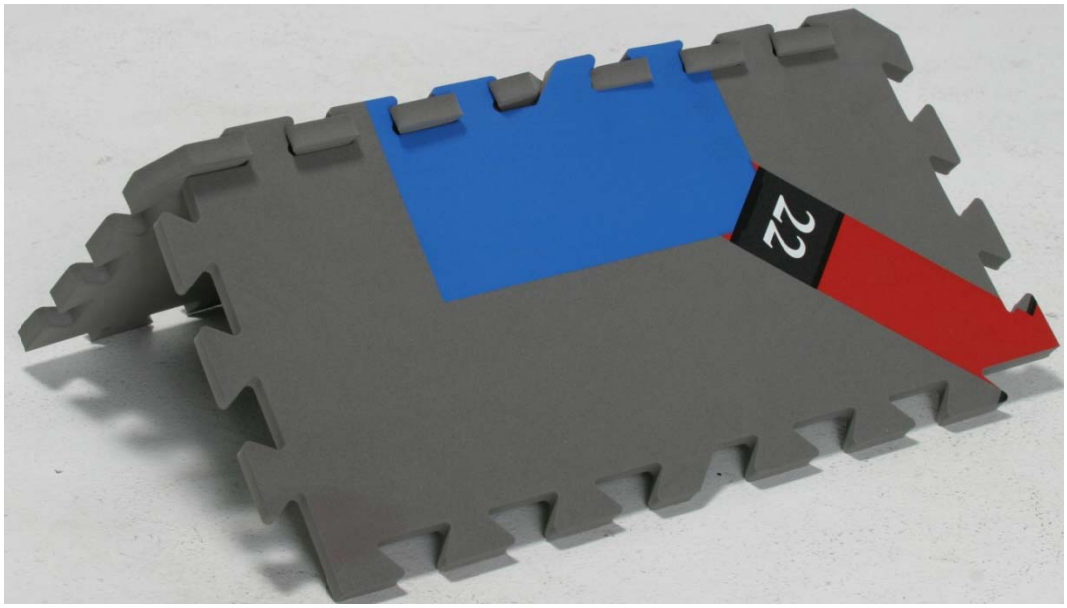
4 Position the completed mat so that the arrow on the piece with the number nine is pointing toward the wall on which the programs will be projected.

This is not necessary for all programs; however certain warm-ups do use the mat numbers to correctly position students.

Hurdles and Ladders:

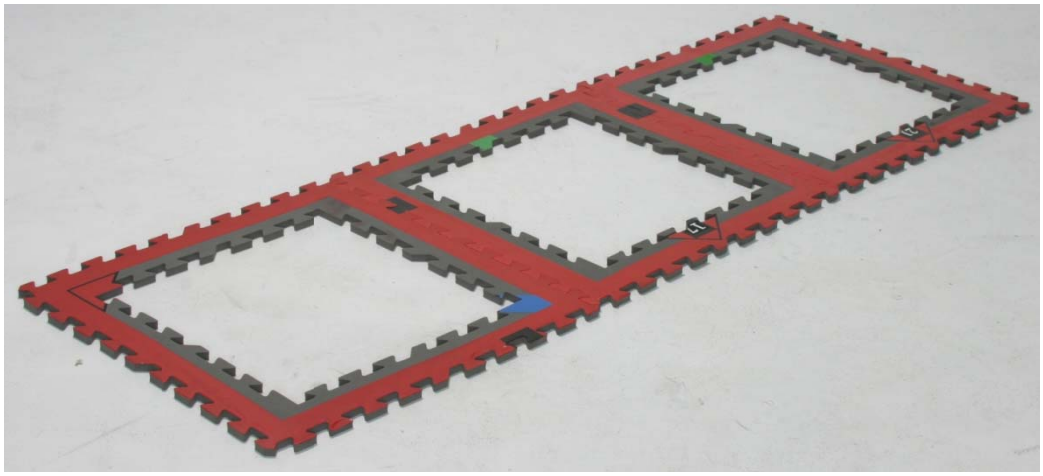
The Mat can be disassembled to form hurdles and ladders. The center of each mat section, except the one containing the HOPSports logo, can be removed.

Folding the center section along the central cut will result in a low hurdle.



Disassembling the center section and attaching the short sides will make a high hurdle.

Attaching the frames remaining after the center sections are removed forms a ladder.



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Care:

The mat can be cleaned with a cloth and warm soapy water. A small amount of antibacterial cleanser can be added to disinfect the surface

Do not use bleach to disinfect the mats as this will damage the design printed on them.

Avoid abrasive or chemical cleaners and prolonged contact with water.

Storage:

HOPSports recommends storing the mats fully assembled on a flat surface.

If the mats must be broken down into their 9 component squares for storage, HOPSports recommends placing the squares back in the carrying bag or using a Velcro strap to bundle the squares. This will make distribution of the mats easier the next time they are used.

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WARNING: Storing mats on edge may cause warping and could damage the tabs that the mat is resting on. As a result HOPSports recommends this method only as a last resort.

Helpful Tips:

Some tabs may be damaged during normal use. If the torn piece can be located use Super Glue or a similar product, to reattach the piece. If the torn piece cannot be located the mat may continue to be used safely with tabs missing.

When gluing mat pieces back together, make sure to use appropriate glue; one which lists foam repair on the label.

Occasionally, while being used as a ladder, the mat squares will tear. This occurs most often when a student catches their foot on the ladder and stumbles. This tearing will usually allow the student to regain their balance and continue on with the drill without falling. If tearing happens the mats may be glued back together along the tear.

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Hopsports Ball

Inflation and Care:

All HOPSports balls are 55 cm. diameter balls and are latex free. Use an air compressor to inflate the balls.

The ball can be cleaned with a cloth and warm soapy water. A small amount of antibacterial cleanser can be added to disinfect the surface

Do not use bleach to disinfect the ball.

Avoid abrasive or chemical cleaners.

Helpful Tips

All inflatable items will lose air over time. Simply remove the plug using a coin and add more air as needed.

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The ball material will stretch after it is inflated. This will make the ball appear to lose air quicker than would be otherwise expected. However, once the ball has stretched to the rated size (55 cm in diameter) this stretching will diminish.

Due to the elasticity of the ball material it is rare for the final diameter (55 cm.) to be reached on the initial inflation. Simply inflate the ball until it is firm and can hold a participant's weight without becoming overly misshapen.

HOPSports balls are burst resistant however no inflatable item is burst proof.

If the balls seem to be losing air and there is no obvious sign of tearing or puncture, make sure the plug is fully inserted.

The plug will slide into the ball easier if it is wet. If you are having difficulty getting the plug fully inserted, wet the plug then insert.

Normal use will cause the ball to flex, which could loosen the plug over time.

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Jump Ropes

Correct sizing of the jump ropes

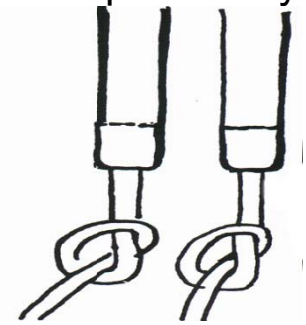
1 Stand in the center of the rope and hold both handles in one hand.

Make sure the participant is in the center of the rope. The handles should be at the same level and there should not be any slack in the rope.

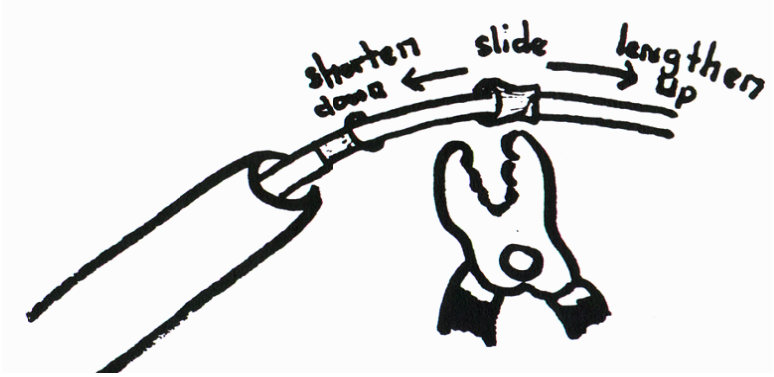
2 Have the participant place the tips of the handles even with the top of their shoulder

Advanced jumpers can shorten the rope further by placing the handles even with their armpit.

3 Tie one or two knots in the rope directly below the handles.



You can also use a pair of pliers to move the brass eyelets connecting the handle and rope. You may then cut off the extra length of rope



Due to the varying heights of participants in different sessions throughout the day, HOPSports does not recommend making this more permanent change in length.

While jumping, the rope should barely skim the floor. If the rope is slamming into the floor with every revolution, the rope needs to be shortened further.

Your jump ropes may be red or blue; both ropes are adjusted the same way.

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Care of the Jump Ropes

The jump ropes should be hung after use. This will prolong the life of the rope and prevent tangling.

The rope does not need to be hung between jumping sessions. Simply hang the ropes at the end of the day.

Prolonged use of an improperly sized rope could cause damage to the rope from constant slamming into the floor.

Ropes may become stiff and brittle if stored below 60 degrees Fahrenheit. Allow ropes that have been stored below this temperature to warm before use.

Do not wind the jump rope around its handles for storage. This will shorten the life of the jump rope.

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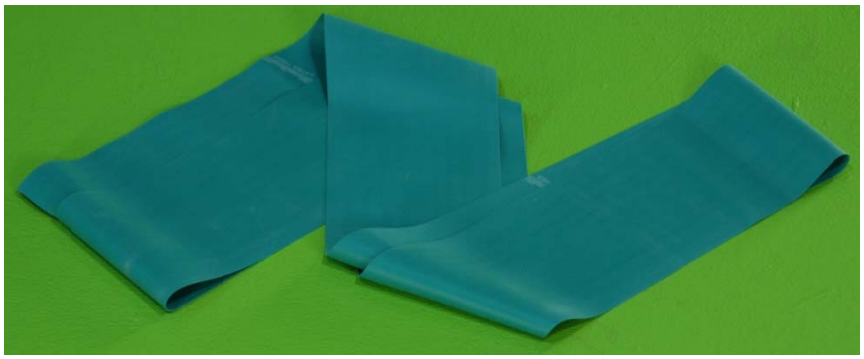
HOPStick

The HOPStick is designed as a substitute for racquets, bats, golf clubs, and is utilized in our stunt sequence programs.

As with any foam material, excessive bending, twisting, or pulling can cause tears which will eventually break the stick.

Stretch Bands



HOPSports stretch bands are latex-free

Bands come precut in 6 foot lengths

Throughout the full range of motion during exercise, the bands should remain at least slightly stretched. If at any point the bands sag, have the participant slide their hands closer together on the band or have the participant wrap the band around their wrist.

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Troubleshooting Tips

Make sure that all components of the system are indeed plugged in.

All components are color-coded. For example, the BLUE VGA cables connect to the blue ports on the CPU and projector.

The Infrared (IR) Sensor is what allows the remote to control the CPU. Ensure that the IR Sensor is plugged into any one of the six USB ports located on the back side of the computer. These USB ports are also where the Mouse and Keyboard connect.

Also ensure that the Infrared Sensor is either elevated or pointed in a direction that it can pick up the Remote's signal.

WARNING: When turning off your **HOPSports Training System**, it is imperative that you follow the proper procedure to maintain the integrity of the system. Shut down the Dell by clicking on the Windows symbol in the bottom left hand side of your screen. Scroll over to the right-facing arrow and select "**Shut Down**."

Turning off the projector is simple but requires **two (2) full minutes** of cooling down before being unplugged. Doing this will extend the life of your projector and keep you from needing expensive replacement bulbs.

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The Projector

In order to transfer ownership of your projector from **HOPS**, you will need to call Dell **Customer Care** at **1-800-624-9897**, and be ready with the Service Tag number and Express Service Code.

Locate the "**Service Tag number**" as well as the "**Express Service Code**." Both numbers are found on the bottom of the projector as well as on its Dell box.

An example of the **Service Tag** number is "**CCSNT91**."

An example of the **Express Service Code** is "**4183074901**."

FYI - If your projector's temperature light comes on, follow these steps to reset your projector:

1. Unplug the power cord from the projector.
2. Then push and hold the projector's power button for **TWO** (**2**) **minutes.** This will reset your projector and should be done BEFORE calling Dell's Customer Care.
3. Plug the power cord back into the projector and press the power button "on." This process should reset the projector. At this point, no temperature light should be "on." If the temperature light does come on after you have completed this process, then call Dell's Technical Service number at **877-671-3355** and press **Option 2** for help.

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The Computer

In order to transfer ownership of your computer from **HOPS**, you will need to call Dell **Customer Care** at **1-800-624-9897**, and be ready with the Service Tag number and Express Service Code.

Locate the "**Service Tag number**" as well as the "**Express Service Code**." Both numbers are found on the bottom of the projector as well as on its Dell box.

An example of the **Service Tag** number is "**70N92G1**."

An example of the **Express Service Code** is "**1527650593**."

The computer comes with only a 30 day trial of anti-virus software. As such, it is not recommended to connect your HOPSports computer to the school network or the internet unless your site IT representative has installed full versions of the software used in your facility.

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Receiving New Content

HOPSports may periodically mail you Content Disk(s) with which to update your Content Library.

--Open your DVD/CD drive by pushing the button below it and to the right (near the top of the computer).
--A screen will prompt you to “Run Application”
--Select “Run Application”
--After a few moments it will ask you to “Allow”
--Select “Allow”
--Then Click “Next” when prompted

These simple steps will begin your content upload and will automatically organize and update your Content Library.

Click “Finish” when the Disk(s) are done uploading and the “Finish” button appears. You may then remove the DVD and return it to **HOPS** with the self-addressed, postage-paid envelope.

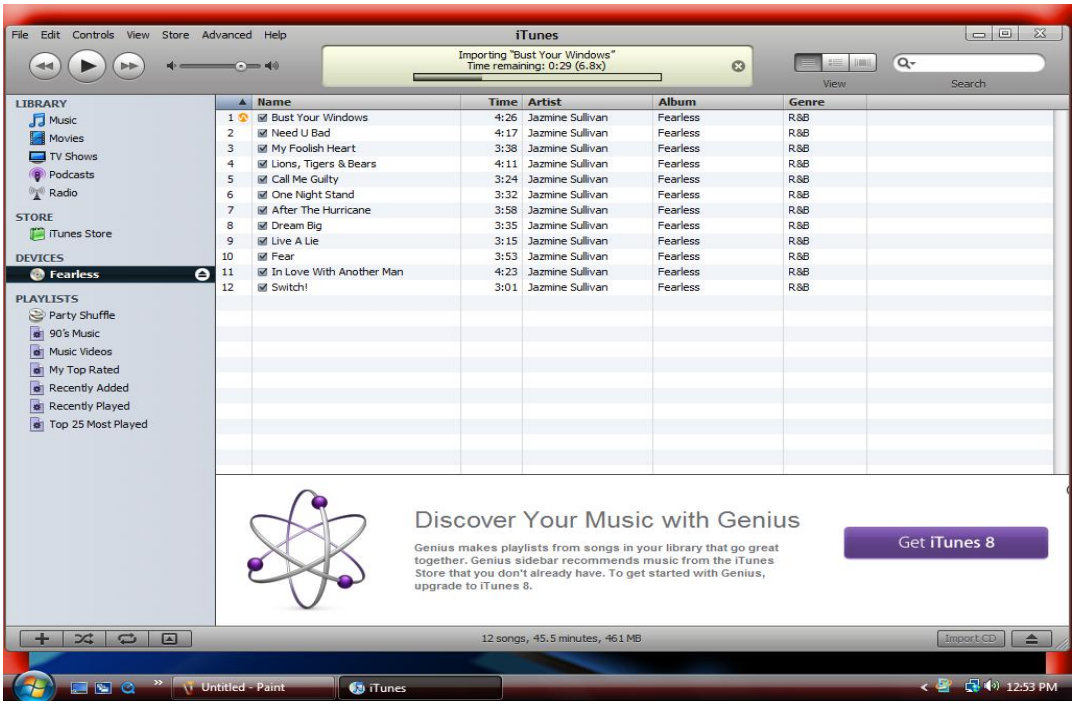
HOPSports Mini users will be charged for content updates.

iTunes

1 **iTunes** comes pre-loaded on your computer so you can play the music of your choice during our “Free Music Choice” Lesson Plans.

2 Load a CD of your choosing into the Disk Drive and the Computer will prompt you to either “Play the Audio CD” with various media players, “Show Songs using iTunes,” or “IMPORT songs using iTunes.” **Select “Import.”**

3 iTunes will then import the songs from your CD into your Music Library.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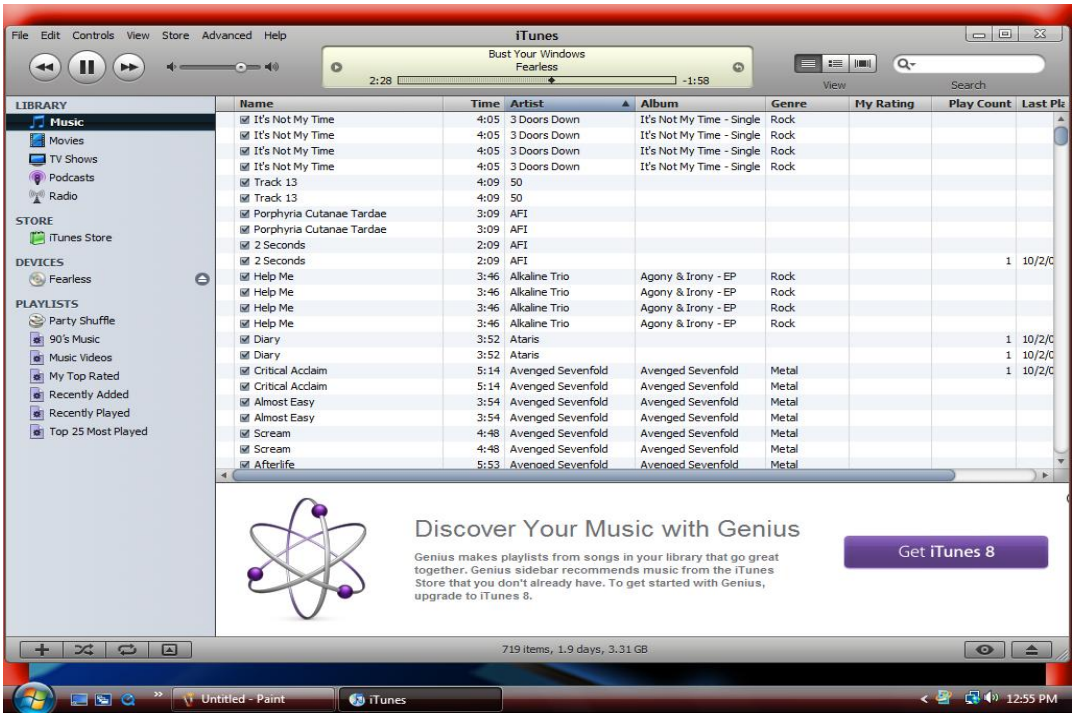
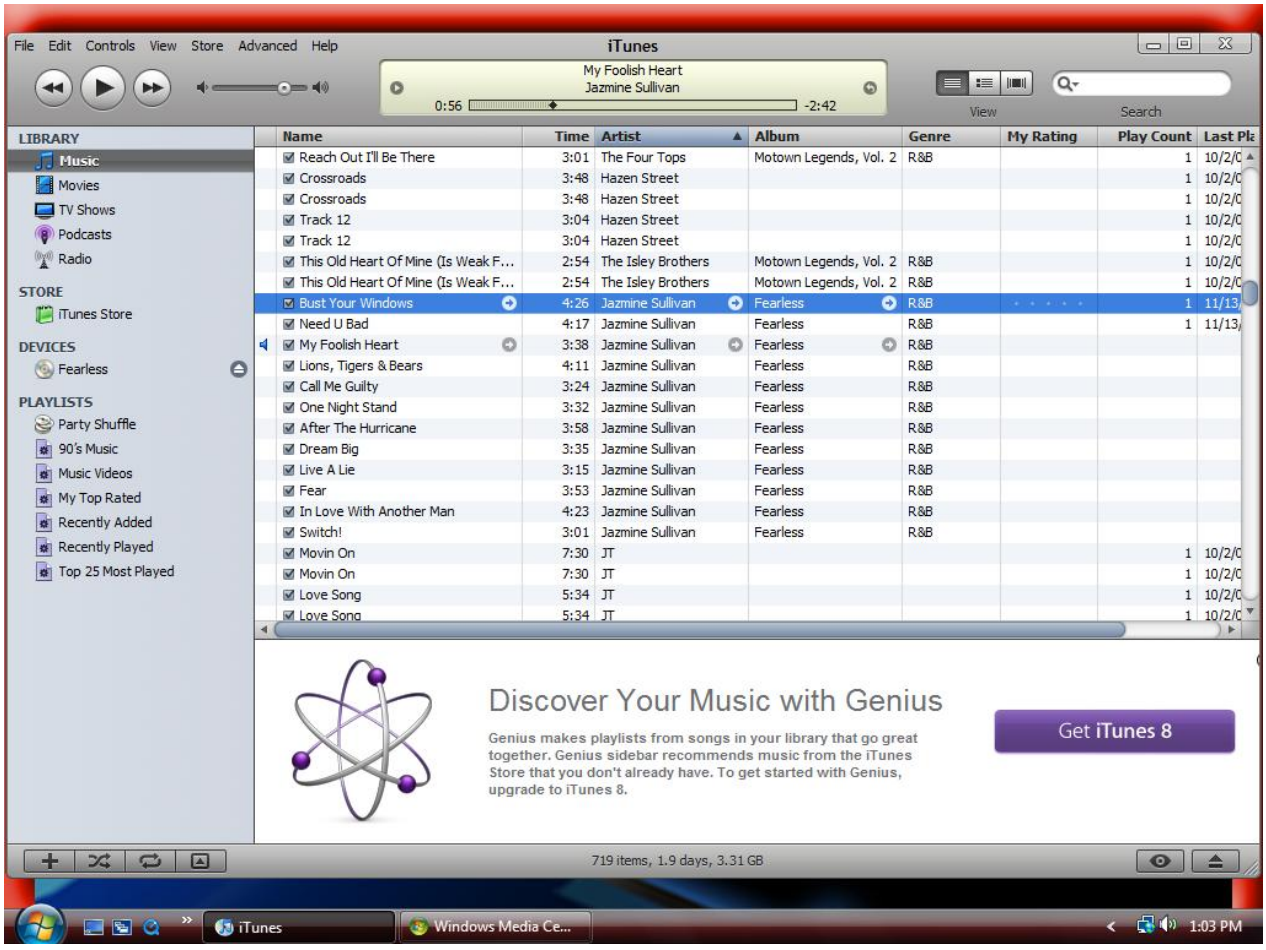
iTunes
Importing "Bust Your Windows"
Time remaining: 0:29 (6.8x)
LIBRARY
Music
Movies
TV Shows
Podcasts
Radio
STORE
iTunes Store
DEVICES
Fearless
PLAYLISTS
Party Shuffle
90's Music
Music Videos
My Top Rated
Recently Added
Recently Played
Top 25 Most Played
Name Time Artist Album Genre
1 Bust Your Windows 4:26 Jazmine Sullivan Fearless R&B
2 Need U Bad 4:17 Jazmine Sullivan Fearless R&B
3 My Foolish Heart 3:38 Jazmine Sullivan Fearless R&B
4 Lions, Tigers & Bears 4:11 Jazmine Sullivan Fearless R&B
5 Call Me Guilty 3:24 Jazmine Sullivan Fearless R&B
6 One Night Stand 3:32 Jazmine Sullivan Fearless R&B
7 After The Hurricane 3:58 Jazmine Sullivan Fearless R&B
8 Dream Big 3:35 Jazmine Sullivan Fearless R&B
9 Live A Lie 3:15 Jazmine Sullivan Fearless R&B
10 Fear 3:53 Jazmine Sullivan Fearless R&B
11 In Love With Another Man 4:23 Jazmine Sullivan Fearless R&B
12 Switch! 3:01 Jazmine Sullivan Fearless R&B
Discover Your Music with Genius
Genius makes playlists from songs in your library that go great together. Genius sidebar recommends music from the iTunes Store that you don't already have. To get started with Genius, upgrade to iTunes 8.
Get iTunes 8
12 songs, 45.5 minutes, 461 MB
Import CD
Untitled - Paint
iTunes
12:53 PM

4 To play your songs, click on Music at the top left side and your songs will appear to the right.


File Edit Controls View Store Advanced Help
iTunes
Bust Your Windows
Fearless
2:28 -1:58
LIBRARY
Music
Movies
TV Shows
Podcasts
Radio
STORE
iTunes Store
DEVICES
Fearless
PLAYLISTS
Party Shuffle
90's Music
Music Videos
My Top Rated
Recently Added
Recently Played
Top 25 Most Played
Name Time Artist Album Genre My Rating Play Count
It's Not My Time 4:05 3 Doors Down It's Not My Time - Single Rock
It's Not My Time 4:05 3 Doors Down It's Not My Time - Single Rock
It's Not My Time 4:05 3 Doors Down It's Not My Time - Single Rock
It's Not My Time 4:05 3 Doors Down It's Not My Time - Single Rock
Track 13 4:09 50
Track 13 4:09 50
Porphyria Cutanae Tardae 3:09 AFI
Porphyria Cutanae Tardae 3:09 AFI
2 Seconds 2:09 AFI
2 Seconds 2:09 AFI 1
Help Me 3:46 Alkaline Trio Agony & Irony - EP Rock
Help Me 3:46 Alkaline Trio Agony & Irony - EP Rock
Help Me 3:46 Alkaline Trio Agony & Irony - EP Rock
Help Me 3:46 Alkaline Trio Agony & Irony - EP Rock
Diary 3:52 Ataris 1
Diary 3:52 Ataris 1
Critical Acclaim 5:14 Avenged Sevenfold Avenged Sevenfold Metal 1
Critical Acclaim 5:14 Avenged Sevenfold Avenged Sevenfold Metal
Almost Easy 3:54 Avenged Sevenfold Avenged Sevenfold Metal
Almost Easy 3:54 Avenged Sevenfold Avenged Sevenfold Metal
Scream 4:48 Avenged Sevenfold Avenged Sevenfold Metal
Scream 4:48 Avenged Sevenfold Avenged Sevenfold Metal
Afterlife 5:53 Avenged Sevenfold Avenged Sevenfold Metal
Discover Your Music with Genius
Genius makes playlists from songs in your library that go great together. Genius sidebar recommends music from the iTunes Store that you don't already have. To get started with Genius, upgrade to iTunes 8.
Get iTunes 8
719 items, 1.9 days, 3.31 GB
Untitled - Paint
iTunes
12:55 PM

5 Highlight the song of choice and push play at the top left side.


File Edit Controls View Store Advanced Help
iTunes
My Foolish Heart
Jazmine Sullivan
0:56
-2:42
View
Search
LIBRARY
Music
Movies
TV Shows
Podcasts
Radio
STORE
iTunes Store
DEVICES
Fearless
PLAYLISTS
Party Shuffle
90's Music
Music Videos
My Top Rated
Recently Added
Recently Played
Top 25 Most Played
Name Time Artist Album Genre My Rating Play Count Last Pla
Reach Out I'll Be There 3:01 The Four Tops Motown Legends, Vol. 2 R&B 1 10/2/0
Crossroads 3:48 Hazen Street 1 10/2/0
Crossroads 3:48 Hazen Street 1 10/2/0
Track 12 3:04 Hazen Street 1 10/2/0
Track 12 3:04 Hazen Street 1 10/2/0
This Old Heart Of Mine (Is Weak F... 2:54 The Isley Brothers Motown Legends, Vol. 2 R&B 1 10/2/0
This Old Heart Of Mine (Is Weak F... 2:54 The Isley Brothers Motown Legends, Vol. 2 R&B 1 10/2/0
Bust Your Windows 4:26 Jazmine Sullivan Fearless R&B 1 11/13/
Need U Bad 4:17 Jazmine Sullivan Fearless R&B 1 11/13/
My Foolish Heart 3:38 Jazmine Sullivan Fearless R&B
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Movin On 7:30 JT 1 10/2/0
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Love Song 5:34 JT 1 10/2/0
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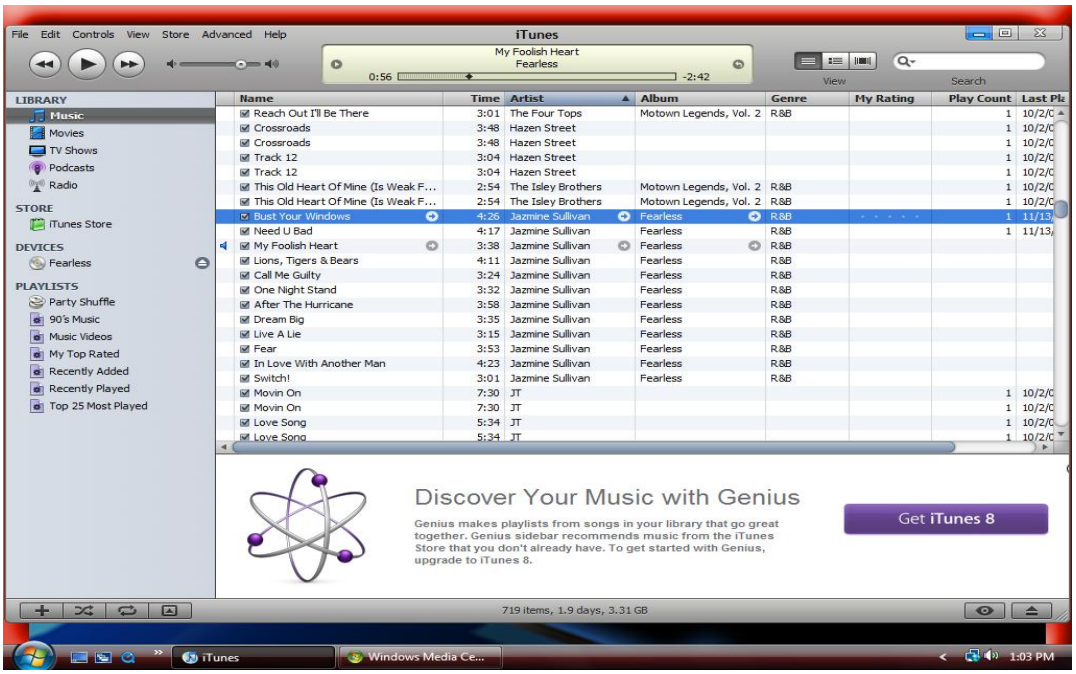
Get iTunes 8
719 items, 1.9 days, 3.31 GB
iTunes
Windows Media Ce...
1:03 PM

6 Once you've pressed play, you may play songs simultaneously with our Lesson Plans by minimizing iTunes (click the highlighted line at the top left corner of iTunes) and then clicking on, and maximizing the Media Center.



7 Now you should be able to hear your music while working out to **HOPS** lesson plans. If your remote changes the song instead of operating Media Center, simply use the mouse to maximize Media Center as the primary program.